



Sol Foot & Ankle Centers December 2025 Newsletter

Step Confidently Into the Holidays!

December is a season of joy, celebration, and extra time on your feet. This month's issue is filled with simple tips, helpful reminders, and a festive recipe to keep you moving comfortably all season long.



Long flights, road trips, and extra walking can leave your feet tired and swollen, but a few simple habits can help keep you comfortable on the go.

Try to move often by pumping your ankles, wiggling your toes, and walking whenever you can to keep blood flowing.

Choose supportive shoes rather than flimsy slip-ons, and consider wearing compression socks to reduce swelling during long travel days.

Packing a small foot-care kit with moisturizer, band-aids, clean socks, and any inserts or orthotics you use can also make a big difference.

When you arrive, take a moment to stretch your calves and arches to loosen tight, travel-weary feet.

And don't forget to stay hydrated—drinking water supports circulation and helps prevent that heavy, puffy feeling after a long day of travel.

Avoiding Slips & Falls This Season

Wet sidewalks, shiny store floors, and holiday decorations can all increase your risk of slipping or tripping this time of year. A few simple precautions can help keep you safe throughout the season.

- **Check your shoe tread.**

If the soles are worn smooth or uneven, replace them. Good traction makes a big difference on wet surfaces.

- **Be mindful of seasonal hazards.**

Holiday cords, décor, packages, and low lighting can become tripping risks. Keep walkways clear and well-lit.

- **Use extra caution in wet or icy areas.**

Move slowly, watch your footing, and consider slip-resistant shoes if you're regularly out and about in damp conditions.

- **Keep floors dry at home.**

Wipe up spills or wet footprints right away, especially near entryways.

- **Don't rush when carrying bags or packages.**

Take smaller steps and keep your view clear to help maintain balance.

To help you stay steady on your feet, we've included a link to our [Strength & Balance Exercises](#) you can easily do at home.



Important Dates to Remember – December

December 1 — Eat a Red Apple Day

December 4 — Santa's List Day

December 15 — Toy Patrol Donation Deadline

December 21 — First Day of Winter

December 24–25 — **Offices Closed** for Christmas Eve & Christmas Day

December 31 — New Year's Eve



Better-For-You Hot Cocoa

A warm, lighter take on a winter classic!

Ingredients

- 1 cup low-fat milk or unsweetened almond milk
- 1 tablespoon unsweetened cocoa powder
- 1–2 teaspoons maple syrup or honey (to taste)
- 1 tablespoon dark chocolate chips (optional, for richness)
- 1 pinch cinnamon
- 1 splash vanilla extract

Instructions

1. Warm the milk in a small saucepan over medium heat.
2. Whisk in the cocoa powder until smooth.
3. Add maple syrup or honey, chocolate chips (if using), cinnamon, and vanilla.
4. Continue whisking until everything is melted, smooth, and steaming.
5. Pour into your favorite mug and enjoy — no guilt required!

Optional Toppings

- Light whipped cream
- A sprinkle of cinnamon or cocoa

- Mini marshmallows (just a few!)
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Funny Pun of the Month

What do you call an elf that sings?

A wrapper.

Testimonial of the Month

"I've been coming to Sol Foot for years and Dr. Graves always takes great care of my feet. The staff is friendly and professional, and I always leave feeling better!"

Wishing you a warm, joyful holiday season! May your feet stay cozy, comfortable, and ready for all the fun December brings.

The Sol Foot & Ankle Centers Team

Keeping you one step ahead of foot pain

[Schedule](#) your appointment today! or call (562) 433-0478

www.solfoot.com

Follow us on social media for more foot care tips and updates!

